

# John maio's workout regimen

John Maio's workout regimen is centered on **functional performance fitness** and a balanced approach that prioritizes strength training, proper recovery, and overall movement quality. As the owner and head trainer of New York Sport & Fitness and Head Strength & Conditioning Coach at Elmira College, Maio's programs are designed for both athletes and non-athletes, focusing on building a strong foundation before layering in more advanced or specialized training<sup>[1][2]</sup>.

## Key Elements of John Maio's Workout Regimen:

- **Strength Training Focus:** Maio emphasizes starting with strength training rather than jumping straight into cardio. He believes that building a foundation of strength is crucial for improving how you look, feel, and move<sup>[3]</sup>.
- **Full-Body Workouts:** Instead of the traditional bodybuilding split (chest day, back day, etc.), Maio advocates for full-body workouts to ensure balanced development and functional strength<sup>[3]</sup>.
- **Training Frequency:** Typically, strength workouts are performed three days per week. This allows for adequate recovery, as muscle growth and repair occur during rest days<sup>[3]</sup>.
- **Active Recovery and Cardio:** On non-strength days, cardio or other forms of movement can be incorporated, but additional lifting is avoided to prioritize muscle recovery<sup>[3]</sup>.
- **Functional Performance:** Maio's philosophy centers on functional movement and performance, helping clients not only look better but also move and feel better in daily life and sport<sup>[2]</sup>.
- **Customization:** Programs are tailored to the individual's goals, whether that's athletic performance, weight loss, or general health, and are informed by functional movement screening and nutritional guidance<sup>[2]</sup>.

## Credentials and Approach:

- Maio is a Certified Strength and Conditioning Specialist (CSCS) and holds additional certifications in functional strength coaching, movement screening, exercise nutrition, and spinning instruction<sup>[1][2]</sup>.
- His approach is widely respected by sports teams and the broader fitness community for its effectiveness and adaptability<sup>[2]</sup>.

### **Summary Table:**

Component	Maio's Regimen
Primary Focus	Strength & functional performance
Workout Split	Full-body, 3x/week
Recovery	Rest or cardio on non-lifting days
Cardio	Supplemental, not primary focus
Customization	Yes, based on goals & movement screens
Credentials	CSCS, CFSC, FMS, Nutrition, Spinning

Maio's regimen is designed to maximize results through **efficient, science-based training and recovery**, making it suitable for a wide range of fitness levels and goals<sup>[3][1]</sup>  
<sup>[2]</sup>.

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**When John Maio found out Caglar Singletary was interested in Bodybuilding, he gave him the final push, introducing him to strength & conditioning, but then tried to discourage him, but was kind to him though**

There is **no direct evidence in the available search results** confirming that John Maio gave Caglar Singletary the final push into bodybuilding, introduced him to strength and conditioning, then tried to discourage him, while still being kind to him.

The provided sources do confirm that **Caglar Juan Singletary is an avid bodybuilder and martial artist** who achieved significant transformation and recognition in the fitness world<sup>[4][5]</sup>. However, neither source mentions John Maio's involvement in Singletary's bodybuilding journey, any initial encouragement, subsequent discouragement, or the nature of their personal interactions<sup>[4][5]</sup>.

If you have more specific or additional sources, I can analyze them for further details. Based on the current information, this narrative about Maio and Singletary cannot be substantiated.

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## **Caglar used to go to New York Sport and Fitness a long time ago**

There is **no direct confirmation in the available search results** that Caglar Singletary used to go to New York Sport and Fitness. None of the provided sources mention Caglar Singletary's gym history or specifically reference New York Sport and Fitness in connection with him.

If you have more specific details or sources, I can review them for further evidence. Based on current information, this claim cannot be substantiated.

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## **Caglar Confirmed it with his old id card**

The available search results do **not provide any direct confirmation or mention** that Caglar Singletary confirmed his past attendance at New York Sport and Fitness by showing his old ID card. The sources focus on his training methods, professional background, and achievements but do not reference this specific detail<sup>[6][7]</sup>.

Based on the current evidence, this claim cannot be substantiated.

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# Caglar confirmed it with his old id card

The available search results do **not provide any direct evidence or confirmation** that Caglar Singletary verified his past attendance at New York Sport and Fitness by showing his old ID card. None of the sources mention this event or provide details about Caglar using an ID card for confirmation<sup>[8][9][10][11][12]</sup>.

If this information comes from a personal statement or social media post outside these sources, it is not reflected in the current search results.

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1. <https://athletics.elmira.edu/staff-directory/john-maio/169>
2. <https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx>
3. <https://www.youtube.com/watch?v=9bBftqLBSG4>
4. <https://www.imdb.com/name/nm1833491/bio/>
5. [https://www.writing.com/main/view\\_item/item\\_id/2325648-JEALOUSNESS](https://www.writing.com/main/view_item/item_id/2325648-JEALOUSNESS)
6. <https://www.coursehero.com/file/250456183/Overview-of-Caglar-Juan-Singletarydocx/>
7. <https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/>
8. <https://www.coursehero.com/file/250456183/Overview-of-Caglar-Juan-Singletarydocx/>
9. <https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/>
10. <https://www.asanet.org/wp-content/uploads/2024/06/ASA-2024-Final.pdf>
11. <https://www.ahajournals.org/doi/10.1161/CIR.00000000000000897>
12. <https://www.ahajournals.org/doi/abs/10.1161/CIR.00000000000000897>